

May 2nd to 6th 2011

Monday

2

Tuesday

3

Wednesday

4

Thursday

5

Friday

6



May 7th & 8th 2011

Saturday

7

Sunday

8

Mother's Day



May 9th to 13th 2011

Monday

9

Tuesday

10

Wednesday

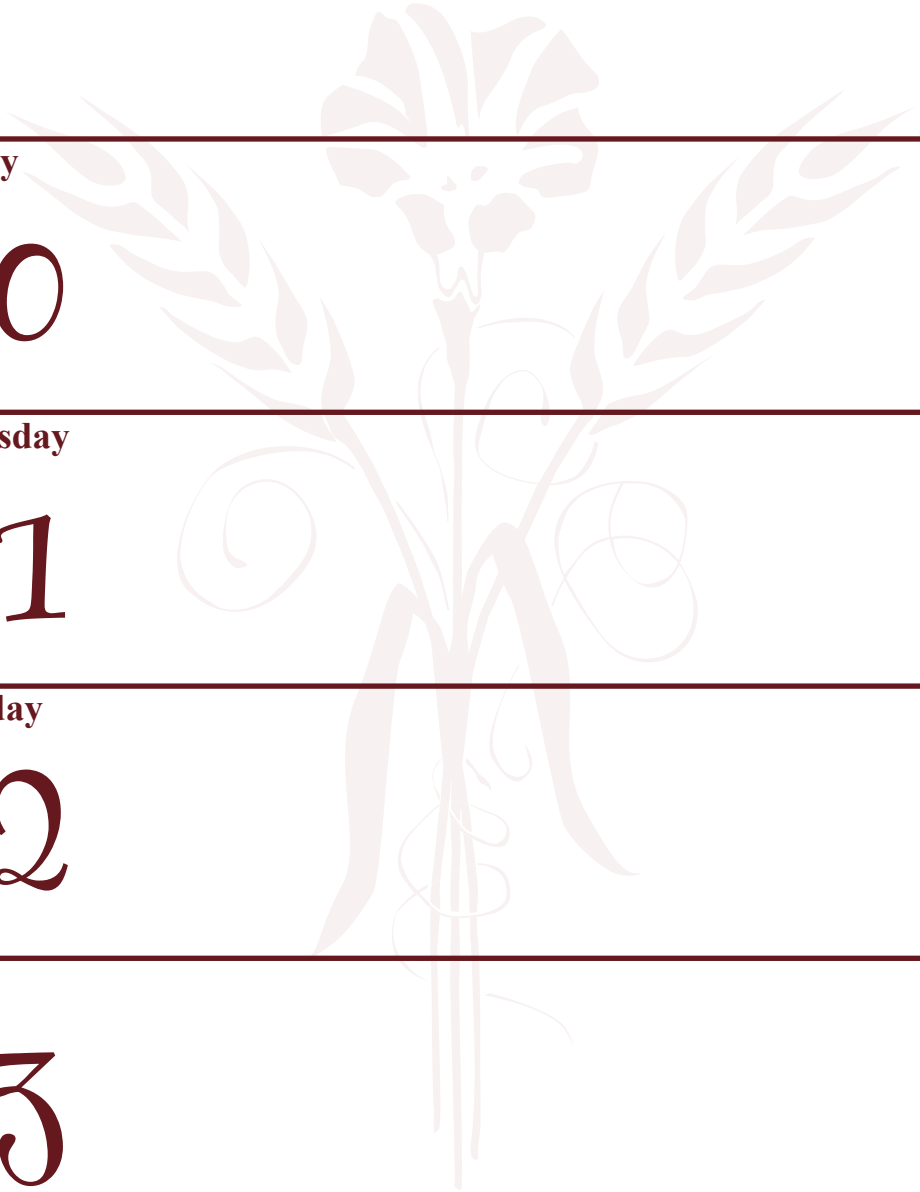
11

Thursday

12

Friday

13



May 14th & 15th 2011

Saturday

14

Sunday

15



May 16th to 20th 2011

Monday

16

Tuesday

17

Wednesday

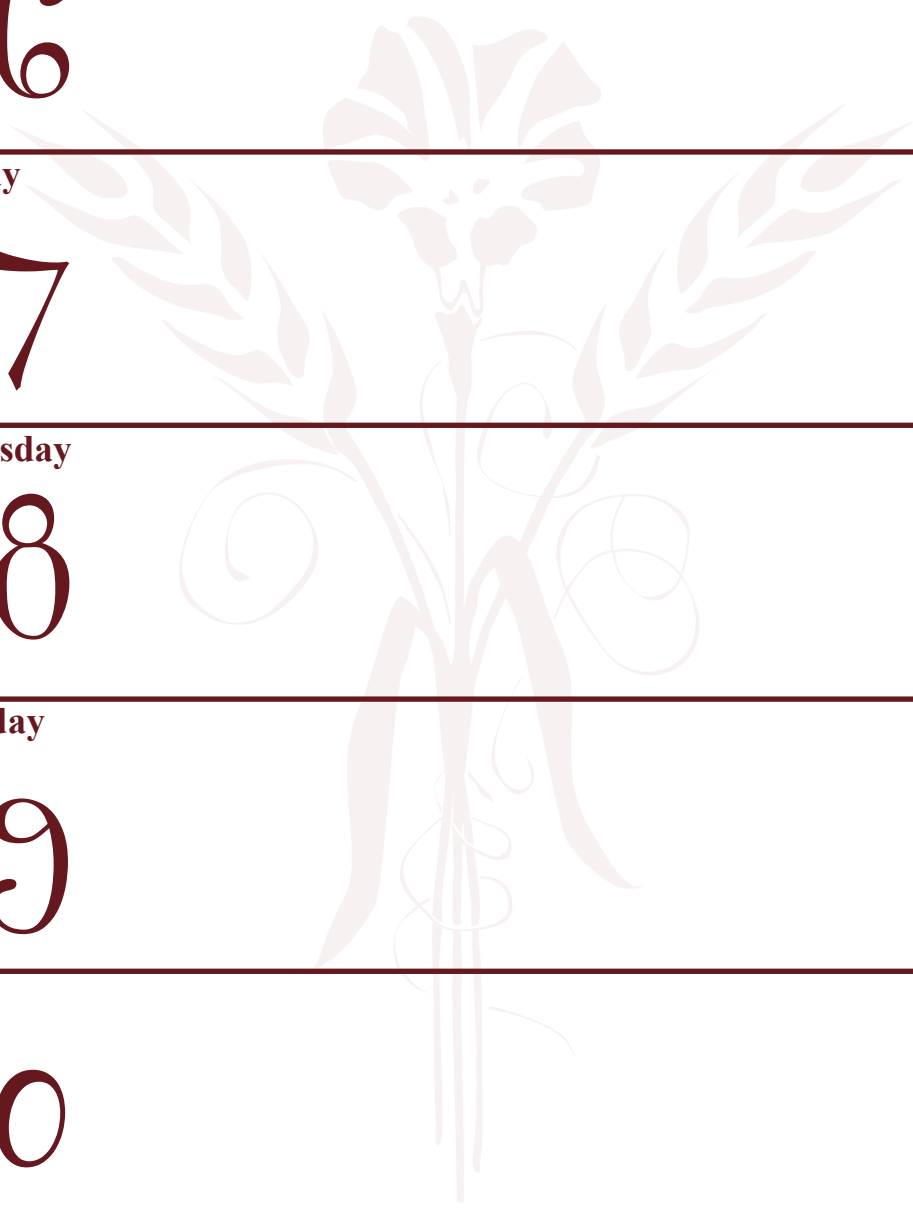
18

Thursday

19

Friday

20



May 21st & 22nd 2011

Saturday

21

Sunday

22

## Seeded Spelt Loaf



Made with organic spelt flour, it is perfect for those sensitive to gluten or for anyone wanting to try something a little different! Spelt flour is an ancient grain that has less gluten than regular bread flour. To enhance the nuttiness of the spelt flour we've added molasses, pumpkin seeds, flax seeds, sesame seeds, sunflower seeds and poppy seeds.

Available twice a week. Purchase a loaf at the Bakery, or request it for your toast or sandwich at the Café!

Ingredients: organic spelt flour, sea salt, yeast, molasses, canola oil, flax-seeds, poppy seeds, sesame seeds, sunflower seeds, pumpkin seeds (vegan)

May 23rd to 27th 2011

Monday

23

Victoria Day

Tuesday

24

Wednesday

25

Thursday

26

Friday

27



May 28th & 29th 2011

Saturday

28

Amnesty International Day

Sunday

29

the Bakery opened - 2008



May 30th to June 3rd 2011

Monday

30

Tuesday

31

Wednesday

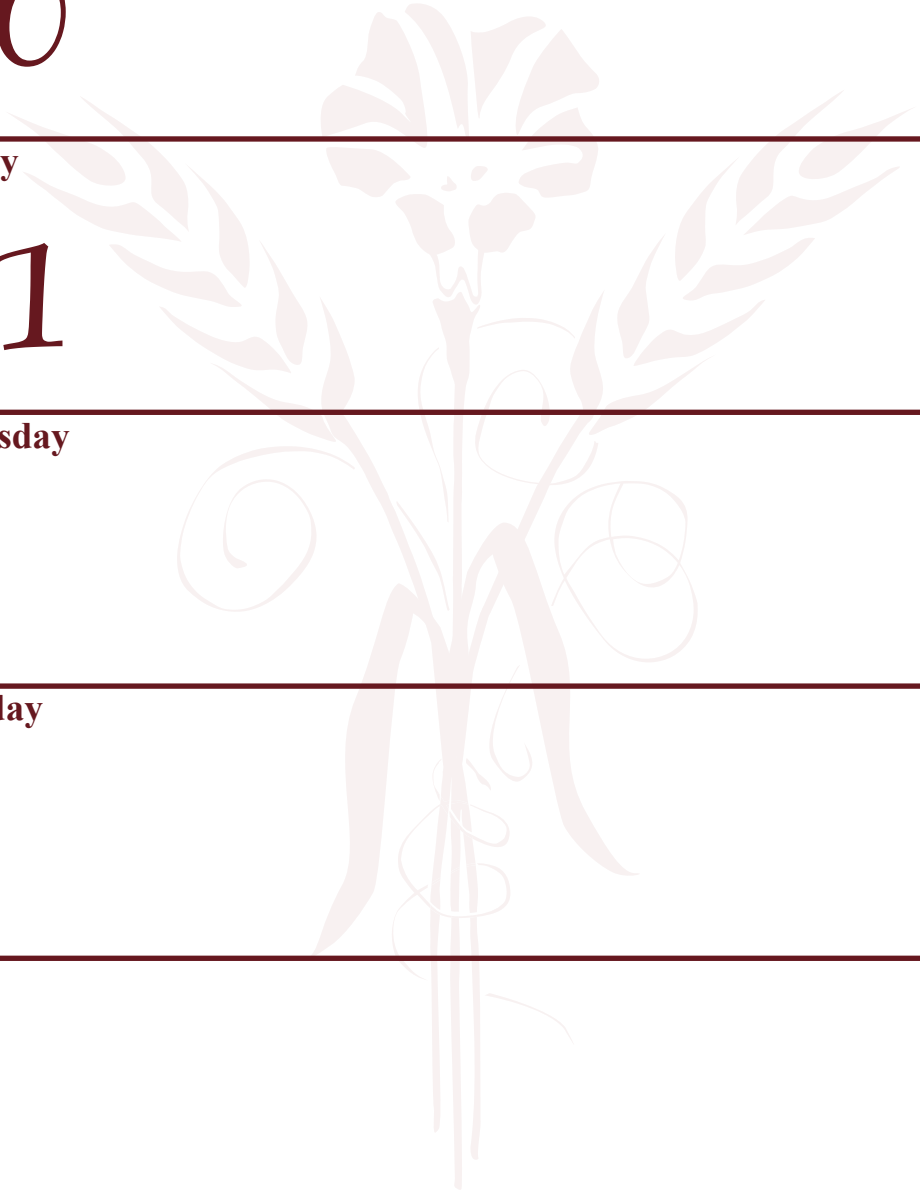
1

Thursday

2

Friday

3



# June 4th & 5th 2011

Saturday

4

Sunday

5

## June 2011

<b>M</b>	<b>Tu</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>S</b>	<b>S</b>
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			

June 6th to 10th 2011

Monday

6

Tuesday

7

Wednesday

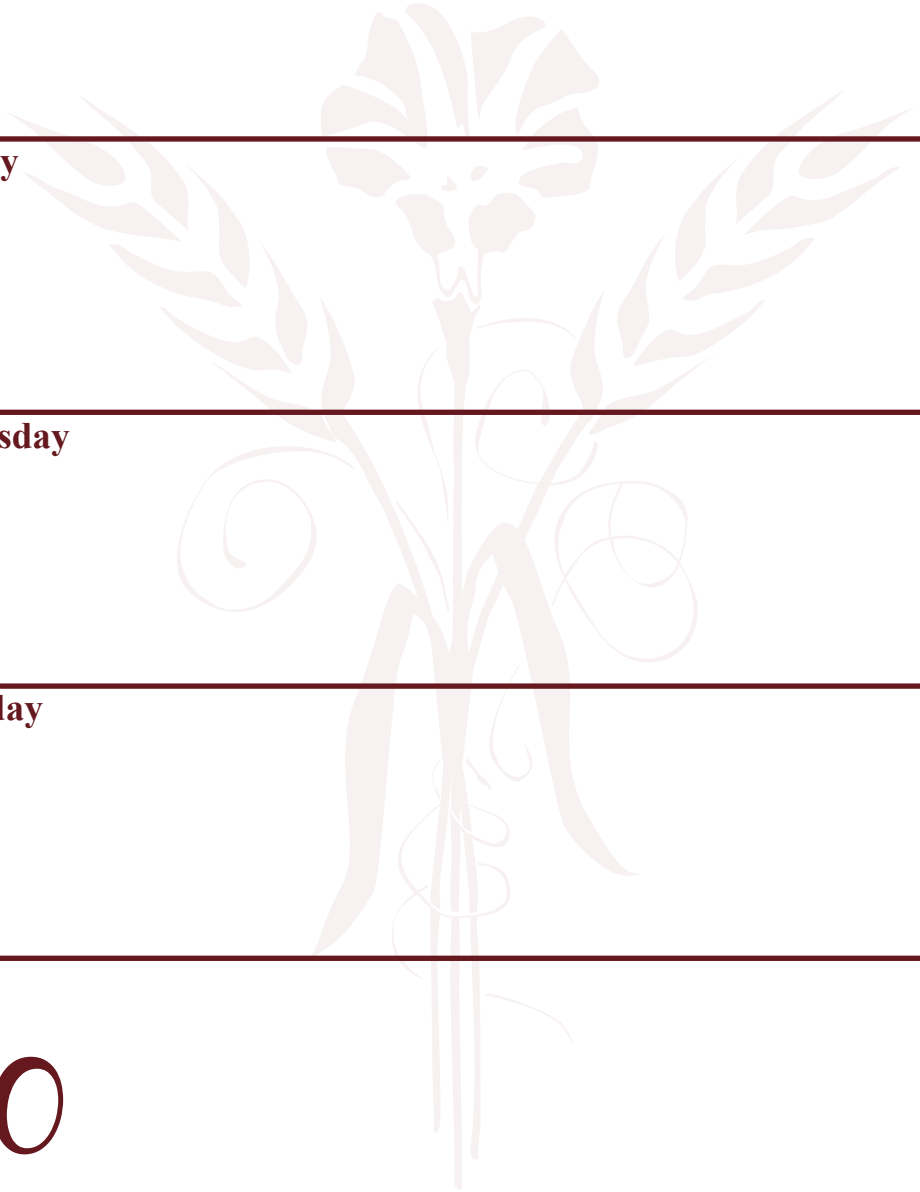
8

Thursday

9

Friday

10



June 11th & 12th 2011

Saturday

11

Guelph Multicultural Festival

Sunday

12



June 13th to 17th 2011

Monday

13

Tuesday

14

Wednesday

15

Thursday

16

Friday

17



June 18th & 19th 2011

Saturday

18

Sunday

19

Father's Day





Summer





Nature does not hurry, yet  
everything is accomplished.  
- Lao Tzu



June 20th to 24th 2011

Monday

20

Tuesday

21

First Day of Summer

Wednesday

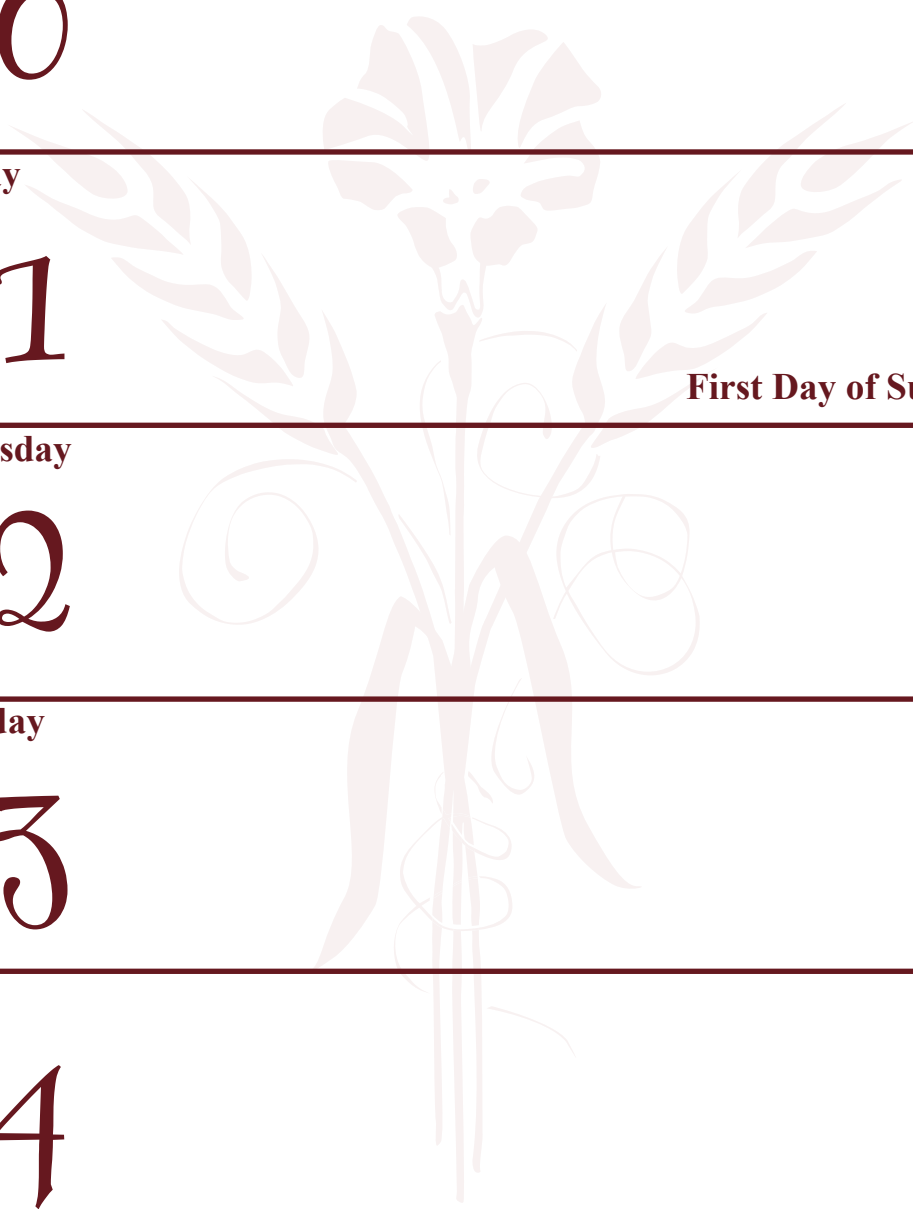
22

Thursday

23

Friday

24



June 25th & 26th 2011

Saturday

25

Sunday

26

## Spinach Salad with Blackberries, Blue Cheese, and Maple Vinaigrette

This refreshing salad is perfect for hot summer days. Easy to make, but impressive in taste, it's a great salad to serve along with something fresh off of the BBQ.

### Maple Vinaigrette

*3 Tbsp pure maple syrup*  
*3 Tbsp red wine vinegar*  
*1 tsp dijon grain mustard*  
*1/4 cup canola oil*  
*1/2 tsp salt*  
*1/4 tsp freshly ground pepper*

Place ingredients into a bowl and whisk together.

### The Salad

*1 bunch fresh spinach*  
*1 qt fresh blackberries*

*1 pkg maple glazed walnuts\**  
*1 pkg blue cheese, crumbled*

Top fresh spinach with remaining ingredients and drizzle with maple vinaigrette.



*\*Maple Glazed Walnuts are available for purchase at our locations in Guelph as well as Shaw's Creek Café*

June 27th to July 1st 2011

Monday

27

Tuesday

28

Wednesday

29

Thursday

30

Friday

1

Canada Day

# July 2nd & 3rd 2011

Saturday

2

Sunday

3

## July 2011

<b>M</b>	<b>Tu</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>S</b>	<b>S</b>
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

# July 4th to 8th 2011

**Monday**

4

**Independence Day**

**Tuesday**

5

**Sheri becomes the sole owner of With the Grain - 2004**

**Wednesday**

6

**Thursday**

7

**Friday**

8

July 9th & 10th 2011

Saturday

9

Sunday

10

## Iced Tea

Our house made iced tea is a sweet classic: it's the satisfying complement to a hearty sandwich, or perfect as a stand-alone thirst quencher on a sunny day. Try experimenting with different types of teas to get different flavours.



- Thoroughly wash 3 fresh lemons (including rind), and cut into paper-thin slices. (preferably organic)
- Combine in a large pot with 4 1/2 cups cold water and 3 cups sugar.
- Heat on medium-high and stir frequently, or sugar will scorch.
- When mixture is nearly boiling, add 75 ml of loose leaf Darjeeling black tea and 100 ml of Earl Grey

-Stir well. Do not let boil, but simmer for 10 minutes.

- Remove from heat, strain, and cool.
- Pour into a glass jar or pitcher and refrigerate.

To serve:

Pour 2 1/2 Tbsp syrup (or to taste) over ice. Top up with 8 to 10 oz of cold water.

Stir, and garnish with a lemon slice.

July 11th to 15th 2011

Monday

11

Tuesday

12

Wednesday

13

Thursday

14

Friday

15



July 16th & 17th 2011

Saturday

16

Sunday

17



July 18th to 22nd 2011

Monday

18

Tuesday

19

Wednesday

20

Thursday

21

Friday

22



July 23rd & 24th 2011

Saturday

23

Sunday

24

## Summer Sippers

These delicious, refreshing drinks are bound to impress your picnic guests, yet simple enough to whip up in a flash! Make the sugar syrup and keep it in the fridge to have on hand for impromptu summer get-togethers.

**Ingredients:** sugar, water, fresh or frozen fruit, and club soda. Fruits to try: blueberry, strawberry, raspberry, mango, pear, peach, black cherry!

**Sugar syrup:** In a heavy saucepan over medium-high heat, bring equal parts (try starting with 2 c. of each) sugar and water to a boil. Boil for one minute or until all the sugar is dissolved. Bottle and chill.

**Sipper syrup:** Combine one part sugar

syrup and two parts fruit in a blender and blend until smooth. Chill it if you have time.

**To serve:** Fill tall glasses with ice. Pour  $\frac{1}{4}$  c. fruit syrup over the ice, and top up with club soda.

**Fun additions:** lime wedges, a curl of orange peel, pineapple chunks, a splash of rum?



Enjoy!

July 25th to 29th 2011

Monday

25

Tuesday

26

Wednesday

27

Thursday

28

With the Grain Opened - 1999

Friday

29

July 30th & 31st 2011

Saturday

30

Sunday

31

## Stone Ground Round



A delicious and nutritious bread made with whole grain stone ground whole wheat. It's wonderful for sandwiches and toast, and it makes an elegant addition to a wholesome dinner! If you enjoy our stone ground round try our Cinnamon Cocoa Raisin Swirl Bread, it's made with the same flour.

Available once a week. Purchase a loaf at the Bakery, or request it for your toast or sandwich at the Café!

Ingredients: stone ground whole wheat flour, yeast, salt (vegan)

# August 1st to 5th 2011

**Monday**

**1**

**Ramadan Begins  
Civic Holiday**

**Tuesday**

**2**

**Wednesday**

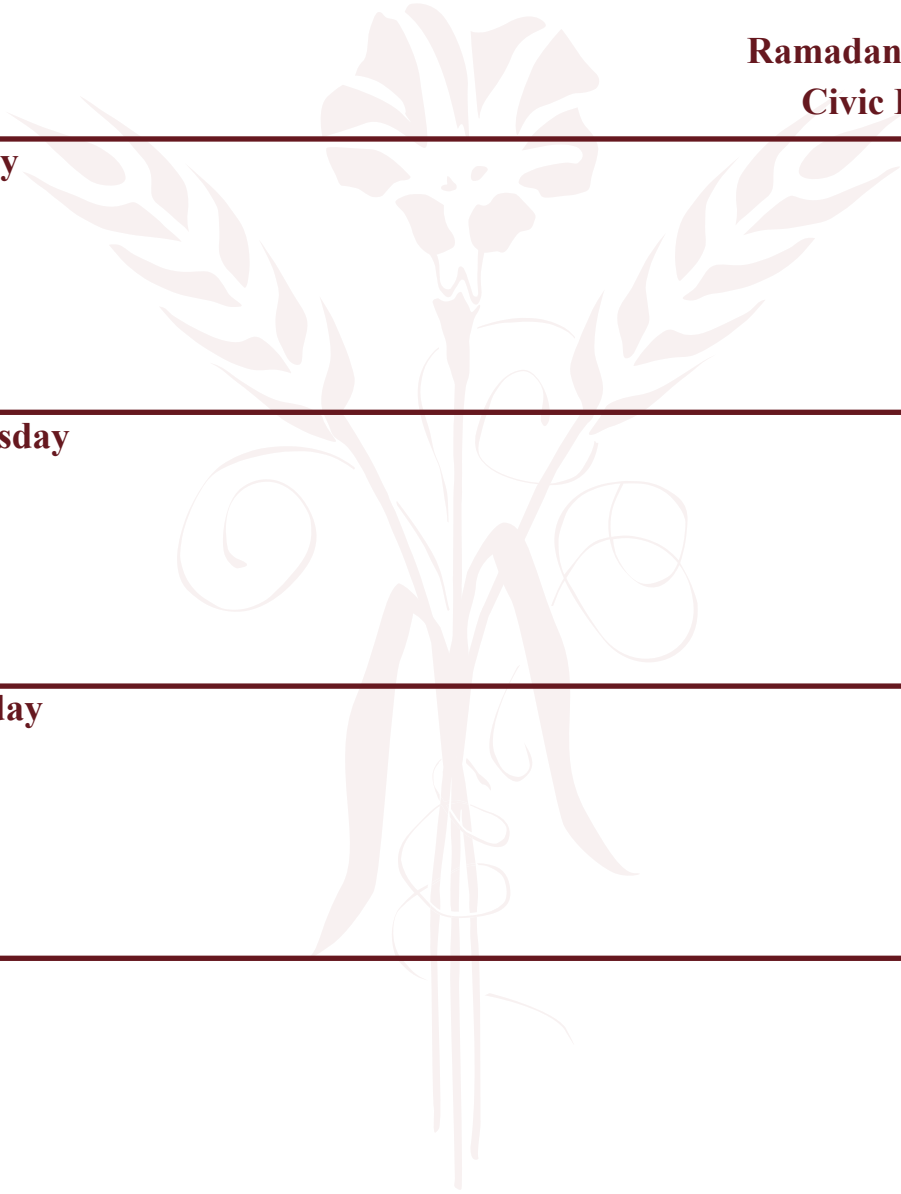
**3**

**Thursday**

**4**

**Friday**

**5**



# August 6th & 7th 2011

Saturday

6

Sunday

7

Friendship Day

## August 2011

<b>M</b>	<b>Tu</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>S</b>	<b>S</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b>				

August 8th to 12th 2011

Monday

8

Tuesday

9

Book Lover's Day

Wednesday

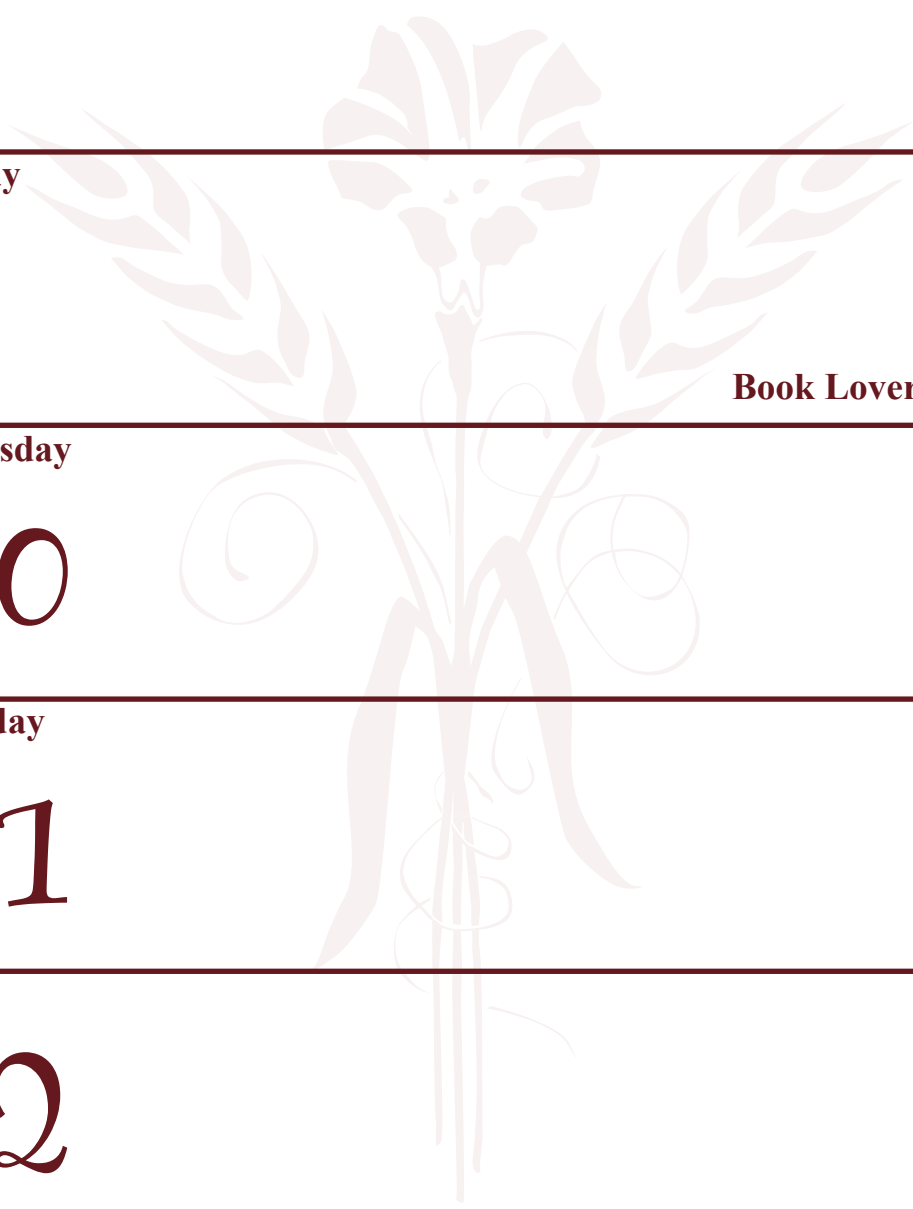
10

Thursday

11

Friday

12



August 13th & 14th 2011

Saturday

13

Sunday

14



August 15th to 19th 2011

Monday

15

Tuesday

16

Wednesday

17

Thursday

18

Friday

19



August 20th & 21st 2011

Saturday

20

Sunday

21

## Lemon Square Mania

WtG makes about 240 lemon squares a week!

Each recipe requires 5 1/2 cups of fresh squeezed lemon juice and the zest of 8 lemons. For that we need about 35 lemons per batch. This equates to a crazy number of lemons a year! Here's how it breaks down:

1 batch = 5 1/2 cups of lemon juice = 35 lemons

5 batches/week = 27.5 cups of lemon juice = 175 lemons

260 batches/year = 1430 cups lemon juice = 9100 lemons = 12,480 lemon squares!

That's a lot of lemons!



August 22nd to 26th 2011

Monday

22

Tuesday

23

Wednesday

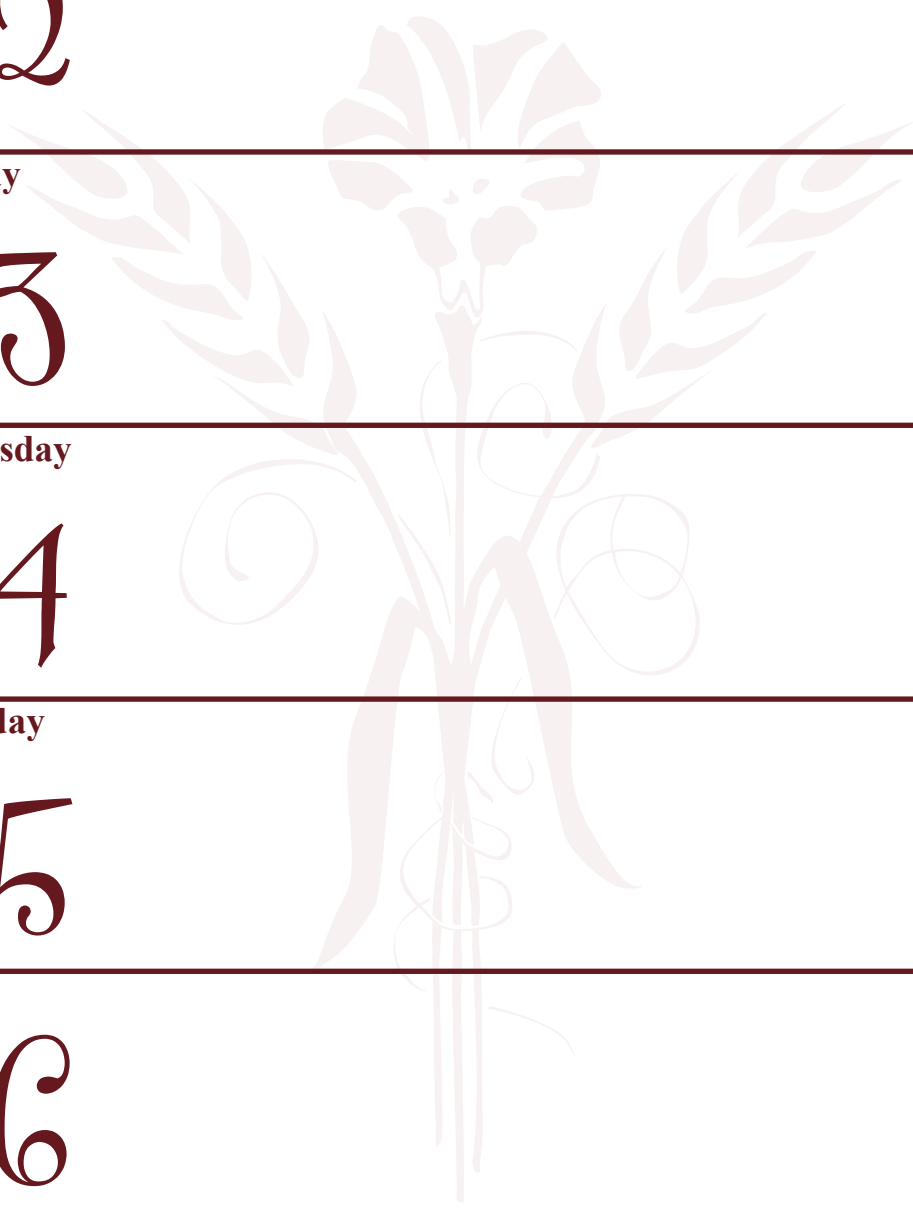
24

Thursday

25

Friday

26



August 27th & 28th 2011

Saturday

27

Sunday

28



August 29th to September 2nd 2011

Monday

29

Tuesday

30

Wednesday

31

Thursday

1

Hired first employee - 1999

Friday

2

# September 3rd & 4th 2011

Saturday

3

Sunday

4

## September 2011

<b>M</b>	<b>Tu</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>S</b>	<b>S</b>
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

# September 5th to 9th 2011

**Monday**

5

**Labour Day**

**Tuesday**

6

**Wednesday**

7

**Thursday**

8

**Friday**

9

September 10th & 11th 2011

Saturday

10

Sunday

11



September 12th to 16th 2011

Monday

12

Tuesday

13

Wednesday

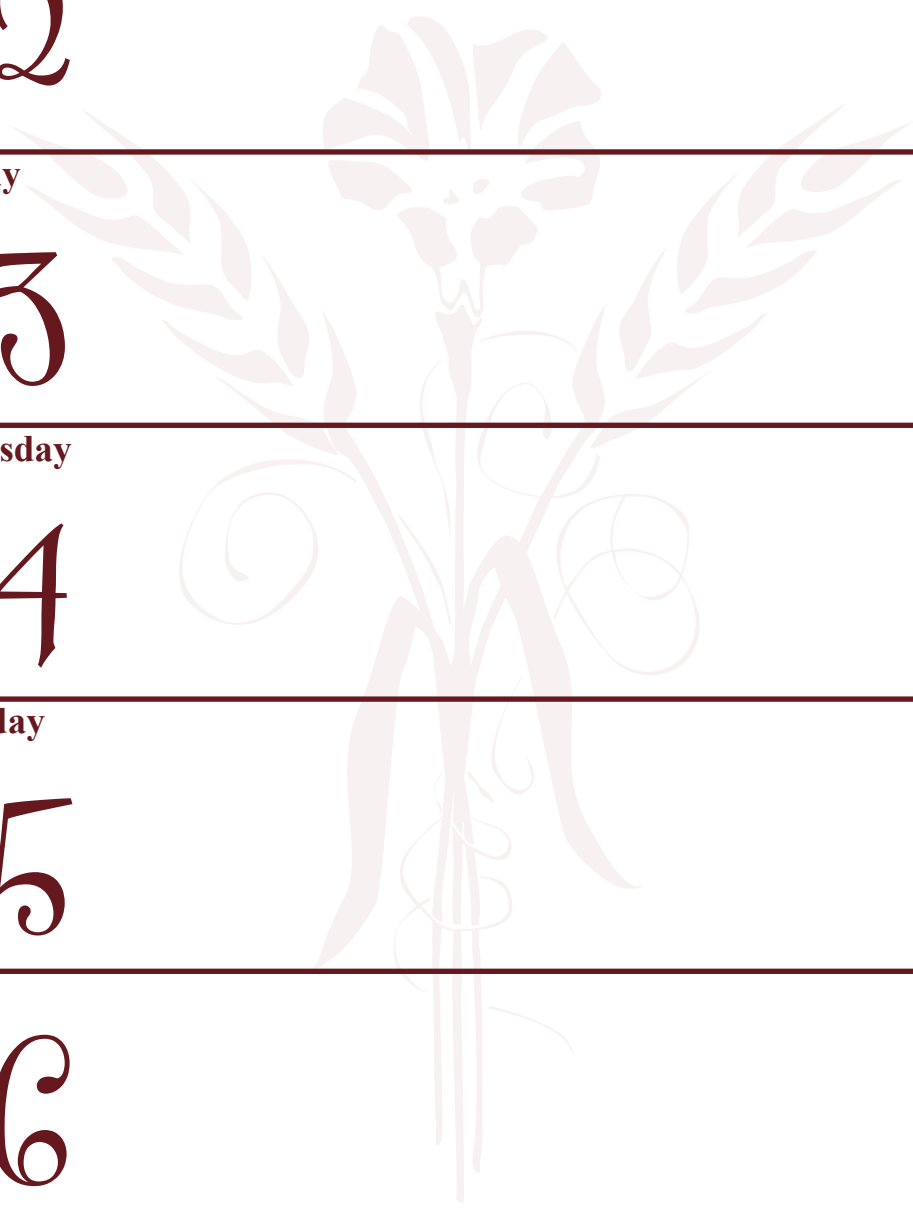
14

Thursday

15

Friday

16



September 17th & 18th 2011

Saturday

17

Sunday

18

Taste of Guelph

"If you're afraid  
of butter, just use  
cream."

- Julia Child

